



THE PHYSICIAN'S *Bookshelf*

EMOTIONAL ILLNESS: HOW FAMILIES CAN HELP—Karl R. Beutner, M.D., and Nathan G. Hale, Jr., M.A. G. P. Putnam's Sons, 210 Madison Ave., New York City, 1957. 158 pages, \$2.75.

No disease is more feared—or misunderstood—than mental illness. This small book, written to help the family of an emotionally sick patient recognize and cope with the difficulties involved, deals with one facet of the problem.

The authors discuss many types of mental functioning and behavior in the individual from common, only slightly abnormal incidents, to psychiatric emergencies. They lay emphasis on early signs and roots of mental disorders and the patient's need for medical care. They explain how the relatives can make things easier for themselves as well as for the patient. They tell what to do and how to go about getting help. On the whole, this consists of advice to consult the family doctor or proper community health agencies.

The book gives a number of points on "how to do what" when the patient and the relatives are under proper psychiatric care. It leaves unanswered the problems involved when the patient does not place himself under proper therapy. And many of the cases leave the reader dangling as to their follow-up.

In summary, the reader is told that psychotherapy is a way of dealing with human feelings through a relationship with a skilled, highly trained specialist. It is perhaps the most effective method now available to treat the kinds of problems that cause emotional illness.

The book contributes to general enlightenment about emotional illness and should be useful to the patients of general practitioners and psychiatrists alike. It should help families and perhaps patients themselves to perceive mental illness and psychiatry as one area in medicine.

EDGAR WAYBURN, M.D.

MANUAL OF PEDIATRIC PHYSICAL DIAGNOSIS—Lewis A. Barness, M.D., Associate Professor of Pediatrics, University of Pennsylvania School of Medicine, The Year Book Publishers, Inc., 200 East Illinois, Chicago, 1957. 195 pages, \$4.00.

This book is an encyclopedia of what may be seen, felt, measured and heard in the physical examination of the infant and child. It is divided into nine chapters which cover each region of the body. One chapter is given over to the examination of the newborn. There are two appendices. One is a "Record of Physical Examination" which is a recapitulation of conditions underscored in the text. The other is "Some Rare Syndromes with Characteristic Appearance." The index tabulates very well the material in the text.

In each chapter every condition, normal or abnormal, that may be present in the section of the body to be observed is mentioned and underscored. Methods of examination are also discussed.

The book is a detailed guide for the medical student, intern and resident who would make himself familiar with all

conditions, normal and abnormal, that must be noted in the complete physical examination of the child, thus leading to a proper diagnosis.

For the physician in general practice or the pediatrician, the book would be one of reference. But even for them new tricks in the physical diagnosis might be learned.

E. EARL MOODY, M.D.

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MODERN PERINATAL CARE—Leslie V. Dill, M.D., F.A.C.S., Associate Clinical Professor, Obstetrics and Gynecology, Georgetown University School of Medicine. Appleton-Century-Crofts, Inc., 35 W. 32nd St., New York 1, N. Y., 1957. 309 pages, \$6.50.

This volume is designed chiefly for the practicing obstetrician, but will be found useful to the pediatrician and general practitioner as well.

The chapters devoted to Nutrition and Pregnancy, the Psychology of Pregnancy, Anemias of Pregnancy, Pregnancy and Diabetes, Fetal and Neonatal Mortality, Erythroblastosis and Breast Feeding are examples of areas in which there is great overlapping of interest on the part of pediatricians and obstetricians. The author has a readable clear style—has made generous use of easily understood diagrams and has followed each chapter with a particularly generous and up-to-date list of references.

The book can be recommended to physicians caring for newborns and as an addition to a modern newborn nursery library.

W. DEAMER, M.D.

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CHEMISTRY AND BIOLOGY OF PURINES—Ciba Foundation Symposium—G. E. W. Wolstenholme, O.B.E., M.A., M.B., B.Ch., and Cecilia M. O'Connor, B.Sc., Editors for the Ciba Foundation. Little, Brown and Company, Boston, 1957. 327 pages, 124 illustrations, \$9.00.

In these days of nuclear and cellular research, the twenty-two lectures, given by leading workers in most of the countries of the British Commonwealth and the United States of America are of great interest, especially to those interested in the biology of cancer and in cellular metabolism. The lectures are related only in that they discuss various aspects of the structure and metabolism of purine derivatives; otherwise there is no connecting thread and the book is not intended for the beginning student. Rather, the lectures were given by experts to experts at the Ciba Foundation Symposium held on the 8th to 10th of May, 1956 in London. A few titles, selected at random, are "Synthesis and properties of purines of potential biological interest," "The π -electron properties of purines calculated by the L. C. A. O. method," "Stereochemistry of nucleoside synthesis," "Biological and microbiological activity of purine analogues of vitamin B₁₂," "The use of 6-mercaptopurine in the treatment of leukemia," "Enzymic control of purines by xanthine oxidase."

C. H. THIENES, M.D.